

Among Friends

January 2016

The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



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Senior Center 508-210-5570
Transportation 508-210-5573
Dining Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.

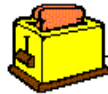
WELCOME BACK CITY OF FOUR!!

City of Four, a jazz band of local musicians, will present a lively concert on **Wednesday, January 6 at 1:00 p.m.** The concert is free and open to all. Refreshments will be served. Please call 508-210-5570 to reserve your seat.



YOU'RE INVITED TO THE MORNING GLORY CAFÉ!

Come one ~ come all, to our Morning Glory Café here in the Senior Center. The Café will be open from **8:30 a.m. until 10:30 a.m.** every Friday. There's no need for a reservation, just come by ~ bring some friends and sit and enjoy Coffee; Tea; Juice; Homemade Pastries; Toast; Raisin Toast; and English Muffins. There will be a small cost for the items you choose. If you have questions, please call 508-210-5570.



Festivals Around the World

Please join us on **Wednesday, January 13 at 1:00 p.m.** as we welcome Marti Sawyer who will take us musically to "Festivals Around the World." The concert is free and open to all. Please call 508-210-5570 to reserve your seat. Refreshments will be served after the concert. (Snow date is January 27 at 1:00 p.m.)



Fond Farewells and Warm Welcomes ...



Our Transportation Coordinator, Naomi Sohlman retired at the end of December after 16 years of service to the Town of Holden and its elders. We wish her well in this new chapter of her life where she plans to spend more time with her granddaughter and traveling with her husband. We welcome Mary Sloan to the office. Mary has worked with the Senior Center for six years. Formerly a van driver, Mary will be taking over the duties of Transportation Coordinator. We also welcome Steve Stewart as our new custodian. Steve takes over the duties previously performed by Adam Hickey who received a promotion within the DPW. Welcome Steve and Good Luck Adam!



HAPPY NEW YEAR!!!

The Senior Center will be closed on Friday, January 1 in observance of New Year's Day



UPCOMING TRIPS



Thurs., March 10, 2016 ... The Young Irishlanders ... The Young Irishlanders comprises eight sensational performers who have Irish traditional music, song & dance running through their veins. Although still in their 20's and 30's, these performers have achieved more than most people would aspire to in a lifetime. They have performed for many heads of state, Presidents of Ireland, U.S. Presidents, The Queen of England, the President of China and have performed at Radio City Music Hall, The Great Hall of the People in China, The U.S. Capitol Building and more. They have performed with many of the leading names in the Irish music business. The artists have also toured as lead performers with Riverdance and Michael Flatley's Lord of the Dance, been soloists on PBS specials, shared the stage with Bono (U2), and have collaborated with Ronnie Wood (Rolling Stones) and Sting (The Police). Join us for a great day out with great song and dance as only the Irish can do.



Luncheon choices are Corned Beef and Cabbage or Baked Scrod with Venus DeMilo's famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. Cost of the trip is \$90.00/person which includes Transportation, Driver Gratuity, Show & Luncheon. **Reservations and payment due at time of reservation.** *If you are interested in any of these trips or if you have questions, please call 508-210-5570.*

All trip payments are due at time of reservation. *If trip is cancelled due to low interest, your money will be refunded. Remember ~ if we don't lose it, you don't lose it!!*

WHEN ARRIVING FOR ANY TRIP, PLEASE PARK AS CLOSE TO THE BALL FIELD AS POSSIBLE, as we have other events taking place at the Senior Center during the day.

FROM THE FRIENDS...

Once again we'd like to thank everyone for all their help and support of our Annual Best of Friends Fair. The total profit from this big event is \$3874.61!!!

The Morning Glory Café is going strong. It is held every Friday from 8:30-10:30. We invite you to come by to check it out! Everyone is welcome.



We now have our own Facebook page! Check us out at "The Friends of the Holden Senior Center."



Our next meeting is January 4, 2016 at 1:00 p.m. Happy New Year everyone!



VETERANS MEETING

We invite ALL veterans to join us on **Friday, January 8 at 10:30 a.m.** for a Veterans meeting. Our guest speaker will be Jim McCorkle who will offer some stories about some of the "lighter" times during deployment. Please call 508-210-5570 to let us know if you're coming such that we can have an appropriate space and number of chairs for this event.



SHINE COUNSELOR
Monday, Jan. 11 and Monday, Jan. 25
BY APPOINTMENT ONLY



NEW YEAR ~ NEW YOU!



Let's get the New Year off to a GREAT start... This month we will get back to basics, or begin again, with our focus on breathing/centering – alignment/posture – improving focus, concentration & balance, managing moods, and increasing our internal fire and energy when it's cold outside. This month's topics will be:

January 5 & 7- Yoga 101 -Back to Basics (Breathing/Centering, Alignment/Posture);

January 12 & 14 - Yoga to balance Mind/Body (improve focus, concentration & balance);

January 19 & 21- Yoga to Manage Moods (handling winter doldrums) and

January 26 & 28- Energy/Core Yoga (increase internal fire/energy). We welcome you to join one or both classes. Tuesday's class is at 2:30 and Thursday's class is at 1:15. Cost for yoga classes is \$2.00/class.

ATTENTION VAN CLIENTS

With the change in leadership in our transportation department, we are also going to make some changes in the information we provide to the van drivers. This important information will help the van drivers in locating clients at doctors offices, etc. So, from now on when you call to schedule a ride, we ask that you have the following information ready: **your home address and phone number; the COMPLETE address of your destination; the doctor's last name (if applicable); the doctor's office phone number (if applicable); your appointment time; the amount of time you need to remain at your appointment; if you require traveling in a wheelchair or if you require someone to travel with you.** The driver's schedule needs to show a physical address (i.e., 160 Reservoir Street rather than just Big Y). Your assistance making this transition easier is greatly appreciated and will help us help you more efficiently.



IN MEMORIAM ...



We will hold a memorial service for our dear friend and dedicated volunteer Beulah Kronoff who passed away on October 31st. Pastor Rob Wood will offer a short service. Anyone wishing to say something about Beulah will be welcome to do

so. Donations in her memory will be accepted and go toward a memorial plaque which will hang here at the center and/or St. Jude's Children's Hospital in Beulah's name. Refreshments and coffee will be served at the conclusion. The service will be held on Wednesday, January 20 at 1:00 p.m. here at the Senior Center.

HOME COOKED LUNCH

Join us on Wednesday, January 13 for a delicious home-cooked turkey dinner with all the fixings. Reservations for up to fifty (50) people will be accepted. Cost of the meal is \$4.00 for Holden Seniors and Holden Senior Center volunteers and \$6.00 for our of town elders. Please call 508-210-5570 to make your reservation.

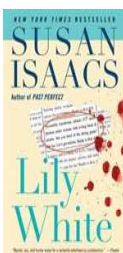


WE NEED YOU!!!!

We are in dire need of volunteers to help out in the kitchen. Volunteers help pack meals on wheels to be distributed as well as prepare the dining tables, serve lunch and clean up after the congregate meal. You would be asked to arrive at 9:00 a.m. and would be finished around 1:00 p.m. If you are interested in volunteering or have questions, please call Sue at 508-210-5578 between 8:00 a.m. and 1:00 p.m.



BOOK DISCUSSION GROUP














The book discussion group will meet at **10:00 a.m. on Thursday, January 28** to discuss the book Lily White by Susan Isaacs. Meet Lily White, Long Island criminal defense lawyer. Smart, savvy, and down-to-earth, Lee can spot a phony the way her haughty mother can spot an Armani. Enter handsome career con man Norman Torkelson charged with strangling his latest mark after bilking her out of her life's savings. As astonishing twists and reverses of the Torkelson case are revealed, so too is the riveting story behind Lee's life.

Critically acclaimed *New York Times* bestselling author Susan Isaacs has crafted her most dazzling novel of manners and morality. Lily White is a brilliant story of con artists and true lovers, of treachery and devotion and of one brave lawyer's triumphant fight for justice.



JANUARY 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE	CITY OF FOUR  Wednesday, January 6 @ 1:00 p.m.	VETERANS MEETING Friday, January 8 @ 10:30 a.m. 	Festivals Around the World Wednesday, January 13 @ 1:00 p.m. 	1 HAPPY NEW YEAR  SENIOR CENTER CLOSED
4 8-4:00 Billiards 12:00 Senior Lunch Chicken Mornay 1:00 Friends Meeting	5 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pot Roast Stew 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	6 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Turkey a La King 1:00 Pitch Party 1:00 City of Four 	7 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Meatloaf & Gravy 1:00 Bridge 1:00 Gentle Chair Yoga	8 8-4:00 Billiards 8:30-10:30 Morning  Glory Cafe 10:00 Poker 10:30 Veterans Meeting 12:00 Senior Lunch Macaroni & Cheese 1:00 Cribbage 1:15 Spring Chicken Fitness
11 SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Swedish Meatballs	12 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Buttermilk Chicken 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	13 8-4:00 Billiards 9:00 Tai Chi 12:00 Home Cooked Lunch Turkey Dinner 1:00 Pitch Party 1:00 Marti Sawyer Concert  	14 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Pork Rib-i-que 1:00 Bridge 1:00 Gentle Chair Yoga	15 8-4:00 Billiards 8:30-10:30 Morning  Glory Cafe 10:00 Poker 12:00 Senior Lunch Cracker Crumb Fish 1:00 Cribbage 1:15 Spring Chicken Fitness
18  SENIOR CENTER CLOSED	19 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pork Stroganoff 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	20 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch Beef and Broccoli 1:00 Pitch Party	21 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Garlic Herbed Chicken 1:00 Bridge 1:00 Gentle Chair Yoga	22 8-4:00 Billiards 8:30-10:30 Morning  Glory Cafe 10:00 Poker 12:00 Senior Lunch Eggplant Parmesan 1:00 Cribbage 1:15 Spring Chicken Fitness
25 SHINE by Appt. Only 8-4:00 Billiards 12:00 Senior Lunch Roast Turkey	26 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Bratwurst 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	27 8-4:00 Billiards 9:00 Tai Chi 12:00 Senior Lunch American Chop Suey 1:00 Pitch Party	28 8-4:00 Billiards 10:00 Mah Jongg 10:00 Book Discussion Group 10:30 Low Impact Exercise 10:30 Art Is 4 Every1 12:00 Senior Lunch Beef Burgundy 1:00 Bridge 1:00 Gentle Chair Yoga	29 8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Wild Salmon w/Dill 1:00 Cribbage 1:15 Spring Chicken Fitness

COMING IN FEBRUARY ...

Wed., Feb. 10 ... Family Letters of Abby Foster
And Stephen King (Snow date Feb. 11)

Wed., Feb. 17 ... Zentangle for all
levels



FRIENDS OF HCOA

I WOULD LIKE TO:

- ☐ Renew My Membership
☐ Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your
membership to: Holden Senior Center, 1130 Main Street
Holden, MA 01520.

NEWS FROM SHINE ~ *Can I still change my Medicare Plan?*

The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans.

For Plan year 2016 The Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change too, one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a Medicare Advantage Plan:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

If you want to take advantage of any of these opportunities, call the call the Senior Center at 508-210-5570 to make an appointment with our SHINE volunteer who can talk you through the process and any consequences of changing plans.

*Distribution of this newsletter is made possible, in part, by a grant from the
Massachusetts Executive Office of Elder Affairs and the Friends of HCOA*

Return Service Requested

Friends of the Holden COA
Holden Senior Center
1130 Main Street
Holden, MA 01520

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